UCSF Newsbreak

News for the UCSF Campus Community

VOL. 13, NO. 16 AUGUST 7, 1998

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UCSF educator to push for enforcement of FTC ruling

By LISA CISNEROS

A local grassroots effort in the Vietnamese community to force tobacco companies to run ads which carry the US Surgeon General's warnings on smoking in the language of the target audience is a victory for non-English speaking people across the country.

The Federal Trade Commission ruled on June 26 that "All American consumers, regardless of the language they speak, must have access to important information regarding the products they buy."

But it appears that the FTC ruling to require important advertising disclosures be translated for multilingual audiences has yet to be fully enforced.

"Nothing has happened yet," says Anh Le, a public health educator with the UCSF research-based agency called the Vietnamese Community Health Promotion Project. "There's no compliance."

Le's complaint filed two years ago set off an investigation that brought the FTC's unanimous decision to amend its policy regarding clear and conspicuous disclosures in multiple languages.

He intends to meet with officials at the San Francisco Regional Office of the FTC as soon as possible to discuss how the ruling will be implemented in San Francisco and elsewhere.

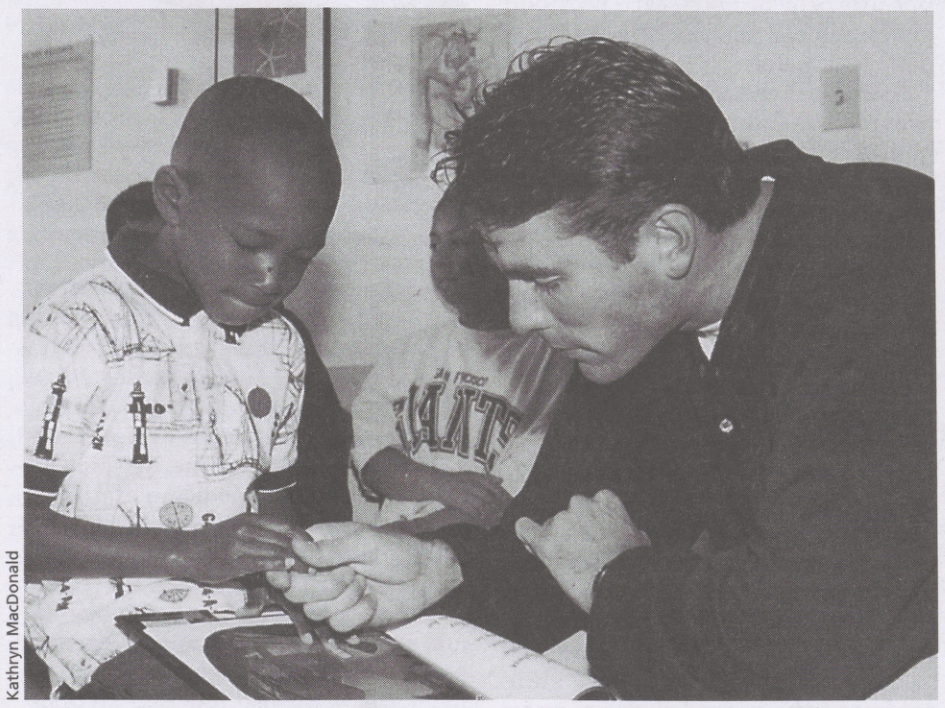
"Our next challenge is to see that the ruling is enforced," says Le, who works for the "Suc Khoe La Vang!" (Health is Gold) program at the Vietnamese Community Health Promotion Project. Under the division of general internal medicine, the program was founded in 1986 and Stephen McPhee, professor of medicine, is its principal investigator.

"We cannot count on the tobacco industry to enforce itself," Le says. "We hope that the FTC and the federal government will put teeth into this ruling and monitor for compliance throughout the US."

In his complaint to the FTC, Le called attention to one cigarette brand in particular, 555, marketed in the US by Brown & Williamson Tobacco Corp. While most of the ads appearing in Vietnamese-language newspapers and magazines were printed in Vietnamese, the Surgeon General's warning was printed in English.

The same discrepancy appeared in tobacco ads marketed in the Chinese community, Le notes, as well as in other

(See **Ruling** on page 2)



Kathryn MacDonald

SFGH gets major league support

San Francisco Giants relief pitcher John Johnstone, right, made a special visit to the Children's Health Center at SFGH last week to support hospital participation in the national early literacy program, "Reach Out and Read."

In addition to giving away more than 50 books and signing autographs, Johnstone took time out to read with many of the youngsters. Giants third baseman Bill Mueller teamed up with Johnstone for the visit.

The reading program targets children ages six months to 5 years. At SFGH, youngsters receive culturally and age-appropriate books at each well-child visit, and volunteers spend time reading with each child.

The SFGH Foundation sponsors the hospital program, which is coordinated by Elena Fuentes-Afflick, UCSF assistant professor of pediatrics at SFGH.

UCSF starts first hospitalist training program

By DIANA MARSZALEK

UCSF will establish the country's first formally funded training program in an academic medical center for doctors who specialize in the care of hospital patients.

The Josiah Macy Jr. Foundation will give UCSF $712,000 over three years to establish the program to train doctors in the recently emerged specialty of hospital care, called hospitalists. About six of UCSF's nearly 30 internal medicine residents are participating in the pilot program, which began last month.

Having doctors who specialize in hospital care is a departure from the way doctors have traditionally functioned in American academic hospitals. Traditionally, the care of hospital patients has been managed by residents, who are medical school graduates in the late stages of training, in academic medical centers. Residents work under the supervision of faculty members who rotate in that role infrequently, often just for one month each year. Patients' primary care doctors traditionally managed their care in non-teaching hospitals.

The emergence of hospitalists is based on the idea that inpatient care specialists will be better skilled, more efficient and more available to hospitalized patients than primary care physicians or residents.

In addition to standard training in internal medicine, residents in the pro-

(See **Hospitalist** on page 6)

Creatine: Sizing up the newest supplement fad

By JEFF NORRIS

Not to scientists perhaps but certainly to endurance athletes, the biggest biochemical star of the 1990s is creatine, a vital metabolite once known by few besides medical students memorizing the steps along metabolic pathways.

Employed by all our cells to help generate a usable form of energy, adenodrine triphosphate (ATP), creatine is gaining fame and notoriety as a dietary supplement favored by the brawny and the would-be-brawny. It is made from amino acids in the liver, kidney and pancreas and is found in certain foods, especially meat. The gram in a half-pound steak dwarfs most other potential dietary sources, but cows need not quake in fear; athletes who down 20 grams a day are not eating sides of beef to beef up. Most get their dose in powdered form.

Users believe creatine does wonderful things for their muscles, where cells expend much more ATP than cells in other tissues. Unlike steroid use, creatine supplementation is not prohibited in organized sports leagues. Super-Bowl quarterbacks and record-challenging home run smackers alike tout its alleged strength-enhancing, fatigue-fighting properties.

The supplement is popular with athletes in pursuits demanding intense bursts of power, with devotees abundant in baseball, football, basketball, hockey, track and field, competitive bicycling and weight lifting.

Creatine content in muscle varies from person to person, but during supplementation rises disproportionately more in individuals with initially low levels, research suggests. Mitzi Dulan, a nutritionist with UCSF's Millberry Union and a personal trainer certified by the American College of Sports Medicine, says her weight-lifting clients believe creatine supplementation helps them build muscle, perhaps by increasing the intensity with which they can work out. Runners report that it helps them run sprints repeatedly during workouts with little rest between, she says. But for those who aren't serious about training, creatine may be unlikely to provide any benefit. "For the average Joe, I don't recommend it at all," Dulan flatly states.

Healthy skepticism regarding the value of creatine supplementation abounds, and some critics are even worried, suggesting that too much creatine overdoses may poison kidneys or livers. Although buffeted by criticism, unlike other supposed energy-boosting nostrums, creatine has not been knocked out of the ring yet. While athletes have been experimenting with doses far beyond what is found in any diet, scientists have been conducting controlled studies.

Roger Cooke, a UCSF biochemist who studies how muscles work, has reviewed the literature on creatine and athletic performance, and finds it inconclusive. The phosphorus-containing form of creatine is important in an oxygen-independent pathway for regenerating ATP,

(See **Creatine** on page 3)

AIDS researchers call for immunology, prevention focus

By PAULA MURPHY

UCSF researchers and clinicians brought back two clear messages from the recent World AIDS Conference in Geneva — the immune responses to HIV therapy need to be better understood and prevention efforts need greater investment.

UCSF'S ELECTRONIC DAILY daybreak www.ucsf.edu/daybreak

"In Geneva, UCSF scientists had a very large and important presence," said Thomas Coates, director of the UCSF AIDS Research Institute, at a forum in which nine researchers reported on what they presented and learned at the international conference.

More than 300 faculty, staff, patients and others attended the July 22 forum in Cole Hall sponsored by ARI as part of its "Science to the Community Series."

One of the first discoverers of HIV, Jay Levy, professor of medicine, said the conference's theme of "Bridging the Gap" not only applied to the distance in HIV approaches between developed and developing countries but also to that between immunologists and virologists.

Levy said he is gratified by the recent intensive emphasis on understanding the immune response to therapy — a shift from the previous focus on attacking the virus. Bridging the gap between virology and immunology in a creative fashion, Levy said, should "bring us closer" to developing therapeutic strategies and a vaccine.

But new information about HIV vaccines was limited at the world conference.

"It's fair to say that we didn't come back with any earth-shattering revelations in terms of therapies," said Paul Volberding, a pioneer in AIDS therapy and a professor of medicine.

Reiterating Levy's message, Volberding, director of the Center for AIDS Research and the AIDS Program and Medical Oncology at San Francisco General Hospital, said that "there's no real enthusiasm for eradication so we have to look at long-term management of the disease."

And as such, Volberding said there is an effort to find more convenient, less toxic and more tolerable medications. Volberding added that it's important to

(See **AIDS** on page 8)

HHMI awards 13 students fellowships

Thirteen UCSF graduate and medical students are among 159 of the world's most talented young scientists to receive advanced training in biomedical research through fellowships awarded by the Howard Hughes Medical Institute (HHMI).

"These outstanding students represent the future of fundamental research," said HHMI President Purnell W. Choppin. "Under the guidance of superb mentors, the fellows are on the path to leadership in the study of basic biological processes and disease mechanisms. We anticipate that they will make many pivotal discoveries in the years ahead, as they pursue careers in science and medicine."

One of the nation's largest philanthropies, HHMI now supports 489 students at 81 academic institutions through two programs. A third fellowship program enables physicians with clinical experience to receive training in basic research for three years. HHMI has made payments totaling $123 million in fellowship support for 1,750 outstanding students and physician scientists since 1988.

The predoctoral fellowships support students for up to five years while they pursue full-time study toward a PhD. Each award includes an annual stipend of $15,000 and a $15,000 cost-of-education allowance that goes to the fellowship institution. The 1998 Predoctoral Fellowships in Biological Sciences were awarded to the following UCSF graduate students:

- Cell and Developmental Biology: Brian Robert Thornton and Annie Ening Tsong.
- Neuroscience and Physiology: Anne Elizabeth Hodges, Mimi H.F. Kao, Michael Brian Orger and Andrew Yong-Yi Tan.
- Structural Biology and Biochemistry: Douglas K. Crawford, Sarah Ruth Green and Peng-Chu Benjamin Tu.

The Research Training Fellowships for Medical Students allow students to conduct biomedical research full time in a laboratory of their choice. Forty men and 17 women were selected this year, including four from UCSF. They are: Aloke Virmani Finn (research mentor David A. Dicheck), Gabriel Rodarte (research mentor Nina Agabian), Abigail Elizabeth Collins (research mentor Daniel H. Lowenstein), and Michael Cho (research mentors Thomas K. Hunt and Lester Packer).

Each $26,000 award includes a $15,000 stipend, a $5,500 research allowance, and $5,500 to the fellowship institution.

Nursing Press publishes clinical guide

Health care professionals working in an ambulatory care setting now have a new resource for clinical guidelines.

A team of seasoned clinicians, mostly from UCSF, have written a new handbook, "Nurse Practitioner/ Physician Collaborative Practice: Clinical Guidelines for Ambulatory Care," that contains more than 80 disease- and procedure-specific guidelines to help primary care providers make clinical decisions in the most proficient manner.

As more health care services are provided in the outpatient setting, health care professionals are often expected to provide comprehensive services, ranging from promoting health to preventing disease as well as treating acute and chronic illnesses. Given the demand for providing clinically effective care while containing costs, health professionals are now expected to deliver these services in an extremely efficient, yet collaborative, manner.

In the mid-1980s, nurse practitioners at the UCSF Ambulatory Care Center began to develop disease-specific protocols to meet the state's legal requirements for practice. Over time these protocols, now called guidelines, were reviewed, revised, and expanded to reflect changes in practice standards and the expanded role of nurse practitioners. Each guideline is written by a nurse practitioner, and most were reviewed by a collaborating physician and approved by the UCSF Committee on Interdisciplinary

Collins-Bride and Saxe

Practice and the Executive Medical Board of UCSF.

The handbook is edited by the UCSF School of Nursing's Geraldine M. Collins-Bride, an assistant clinical professor, who has had a clinical practice for 15 years in the division of General Internal Medicine at UCSF, and JoAnne Saxe, associate clinical professor with more than 14 years of clinical experience.

Addressing health care conditions and procedures commonly seen and performed in outpatient settings, the handbook is divided into four sections — general medicine, gynecology, obstetrics and pediatrics. For more information or to obtain a copy of the handbook, call the UCSF Nursing Press at 476-4992 or fax at 476-6042.

Nursing school gets trust award

The Helene Fuld Health Trust, the nation's largest foundation devoted exclusively to nursing students and nursing education, has awarded the UCSF School of Nursing's department of community health systems $99,000 to support initiatives for curriculum.

The department will use the money to develop the academic component for students working in the Glide Free Health Care Clinic. Serving San Francisco's Tenderloin neighborhood, the clinic opened last December as part of the department's partnership with Catholic Healthcare West-West Bay Region and Glide Memorial United Methodist Church.

The Helene Fuld Health Trust approved a total of $2.4 million in grants to support a range of national, regional and school nursing education in community-based care.

"With the rapidly accelerating changes in the health care delivery system, nursing program curricula need to change in order to effectively prepare students for the workforce," says Sean T. Rourke, a vice president at Marine Midland Bank, which as corporate trustee oversees and administers the trust.

Ruling (from page 1)

promotional items, such as posters on store windows and awnings.

The campaign to translate the dangers of tobacco in English is in large part a response to the high incidence of smoking among Vietnamese adult males, estimated at 35 percent or almost twice that of the general population, says Le, a contributing author of the 1998 Surgeon General's report on tobacco use among US racial and ethnic minority groups.

The tobacco companies had argued that if the number of English words in an advertisement exceeded the number of foreign language words, the disclosure need never be translated regardless of the target audience. Finding that this interpretation had "subverted" the original intent of a 1973 mandate for clear and conspicuous disclosures in foreign language ads. It amended its policy statement clarifying that "disclosures be translated into the language of the audience to which an advertisement is targeted."

The amendment, effective immediately, also applies to other required disclosures such as ads for vehicle leasing and real estate.

"Thanks to the FTC, the tobacco industry's efforts to employ unfair and deceptive advertising practices in our communities will be outlawed. The ruling demonstrated that the voice of the people will eventually prevail in the tobacco war."

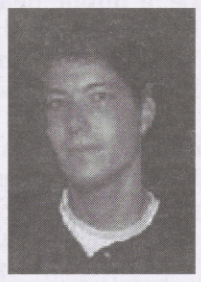
Two honored at world conference

UCSF AIDS researchers Karen P. Beckerman and Craig Waldo were honored at the recent 12th World AIDS Conference in Geneva, Switzerland.

Beckerman

Beckerman, assistant professor of ob/gyn & reproductive sciences and director of the Bay Area Perinatal AIDS Center (BAPAC) at SFGH, received the top research award of the Assisted Reproduction Foundation Inc., for the prize paper on reproduction and HIV. Titled "Control of Maternal HIV-1 Disease During Preganancy," the paper reviewed the outcomes of more than 80 deliveries of HIV-infected mothers at SFGH and Moffitt-Long since 1994. The BAPAC experience showed that by using new combination antiretroviral therapies, maternal HIV-1 viral replication can be safely and significantly suppressed during pregnancy. In addition, the group found that suppression of viral replication resulted in vertical transmission rates that have approached zero.

Waldo, a research specialist with the UCSF Center for AIDS Prevention Studies, received one of four Young Investigator Awards from the International AIDS Society. Presented to persons under age 35, the awards recognize outstanding contributions to HIV/AIDS research and advocacy. Waldo was honored for his study on the link between self-acceptance of gay identity and the likelihood of sexual risk-taking. Findings showed that men who accept their sexuality take fewer risks and enjoy better psychological health. The study involving about 300 gay men found that HIV prevention campaigns could be more effective if they help young gay men come to grips with their sexual orientation.



Waldo

Correction

In the last issue of *Newsbreak*, a photo of Charlotte Jacobs should have included her title, director of clinical cancer programs for UCSF Stanford Health Care.

In Memoriam

Larry Wayne Morrison, who retired last year from UCSF after working for Materiel Management for 20 years, died unexpectedly on July 9 at home in Cincinnati. He was 48.

The son of Dorothy Davis, who worked for the School of Pharmacy for more than 30 years, Morrison is also survived by his wife, Kim Roebuck Morrison, an alumna of the UCSF School of Medicine who worked at Langley Porter Psychiatric Institute in the early 1980s, and a daughter, Petrice Nicole Morrison of Berkeley.

Well known around campus, Morrison worked in a variety of capacities for Materiel Management, including at Oyster Point. He also was involved on the committee that planned activities for the 1995 Martin Luther King Jr. Commemoration week.

Services were held July 16. The family requests that donations be sent to the UCSF School of Pharmacy, Larry Wayne Morrison Memorial Fund, c/o Barbara Wilson-Thompson, 513 Parnassus Ave., Rm. S 926, Box 0446.

Private Support

UCSF is pleased to acknowledge the following gifts/pledges of $25,000 or more from individuals, corporations and foundations received July 5-18, 1998.

$250,000 - $499,999
The Robert Wood Johnson Foundation

$100,000 - $249,999
The Francis Families Foundation
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Gap Foundation
Estate of Madolyn E. Krell
National Brain Tumor Foundation
The David and Lucile Packard Foundation
Mr. and Mrs. David Pillsbury
Santa Barbara Breast Cancer Institute

UCSF Newsbreak

(ISSN0891-6063) Volume 13, Number 16, Aug. 8–21, 1998. Published by the University of California, 3333 California St., Suite 103, San Francisco, CA, 94143-0462, 24 issues per year — semimonthly January through September, November; three issues October; and monthly December. Periodical postage paid at San Francisco, CA. POSTMASTER: Send address changes to UCSF Newsbreak, Mail Services, 1855 Folsom St., Suite 156, SF 94143-0888.

Deadline for the next issue, to cover August 22–September 4, 1998, will be on **Friday, August 14.** Please fax news to Newsbreak at 476-3541 or mail to Box 0462 or email to cisnero@itsa.ucsf.edu. Send calendar items to Nancy Heller at nheller@itsa.ucsf. edu or Box 0462. Fax last-minute copy to 476-3541. For address and distribution changes, call C.J. Burleson at 476-6791.

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This publication is printed on recycled paper using soybean-based inks.

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Neer leads blind by example

By LISA CISNEROS

The blind can see, explains Frances Lief Neer in her new book, "Perceiving the Elephant: Living Creatively with Loss of Vision."

Neer, who lives in a world lit in a combined shade of grey and beige, has learned to see more with less using the powers she has gained since she became blind in 1981.

"As we see the darkness in a world of sight, we develop our other senses and learn to look more closely with all parts of ourselves," writes Neer, who edited and wrote a few chapters in the book, a collection of essays written by doctors, caregivers, counselors and others who share their stories.

After complaining to her doctor, Michael Drake, UCSF professor of ophthalmology, that "doctors treat their eyes and don't treat their hearts, souls and minds," Neer decided to create a forum to draw people together to do just that.

She founded the Low Vision Forum at UCSF 13 years ago and has coordinated the program ever since. Drawing about 40 people a month, the forum provides a supportive venue for the visually impaired, their friends and family members to listen to guest speakers, mostly ophthalmologists and other health professionals, and to ask questions at their leisure.

"This is not a moan and groan group," says Neer, who always had low vision, but lost it completely due to glaucoma and age-related problems. "It's a very happy, cohesive group and there is a huge feeling of sharing and affinity."

Neer, who hit bottom emotionally upon first hearing that she would lose her sight, mustered up the energy and enthusiasm to serve as a model to help people learn to cope with life's great challenges.

A retired teacher, Neer went back to school to obtain a master's degree in special education from San Francisco State University. Her first book, "Dancing in the Dark," teaches visually impaired people how to lead full lives.

Her second book, "Perceiving the Elephant," reiterates that theme, giving additional insight and inspiration to the visually impaired.

The book also strikes a chord for the sighted, who may walk away feeling that the gift of vision should not be taken for granted or ignored.

Published by Creative Arts Book Company in Berkeley, the book includes a chapter written by media doctor Dean Edell, an ophthalmologist and surgeon, who recommends that people make regular visits to the eye care professional just as they would a dentist or primary care physician. Contrary to the old dictum, "If it ain't broke, don't fix it," Edell writes, the early stages of many serious eye diseases — glaucoma for example — may not come with symptoms that can prompt someone to seek medical help until it's too late.

When vision starts to fade, it sets off an array of emotions just as impending death does — and often times there's no turning back, Neer explains.

Neer

"There are only a few conditions where sight can be restored, but for the most part when you lose it, it is gone. We try to fight our way out of a constant and irreversible condition, but we can't," Neer writes.

Inevitably, depression sets in. "I thought I would die," she writes.

But Neer realized that she didn't want her life to end.

"I still tend to wake up every morning and say, 'Well, maybe today is the day I can see.' But I can't. And a moment later I get up and make a cup of coffee and forget about it."

Acknowledging that losing sight is a life crisis, Neer says it's a difficult and painful journey to come to accept the condition but that's the key to ultimate fulfillment.

"Acceptance is not an easy thing to do, but it will make our lives more whole. As we come to grips with not being able to see the world around us, we come to grips with our inner selves."

Neer has come to accept the differences in others, too, she says.

Neer is donating proceeds from the sale of the book to a program named after her late son, the William L. Neer Memorial Scholarship Fund, which supports those seeking credentials to teach individuals who are visually impaired at San Francisco State University.

Acyclovir cuts eye herpes recurrences by half, study finds

By DIANA MARSZALEK

A new study led by UCSF researchers has found that acyclovir, a common antiviral drug used to treat and prevent genital herpes, can also prevent the recurrence of herpes disease of the eye.

The study marks the first time a treatment has been proven effective in preventing recurrence of the eye disease.

The study, published in the July 30 edition of the *New England Journal of Medicine*, shows that acyclovir is particularly effective in preventing recurrences of a serious strain of the eye disease, called stromal keratitis, which can lead to scarring of the cornea with vision loss and blindness.

The study found that the rate of recurrence of this blinding form of the disease dropped 50 percent when patients took 400 milligrams of acyclovir by mouth twice a day, says Chandler R. Dawson, UCSF professor emeritus of ophthalmology and former director of UCSF's Francis I. Proctor Foundation for Researcher in Ophthalmology, who led the study.

The findings, Dawson says, are the key to preventing recurrences of a particularly harmful form of the disease that affects thousands of Americans each year. About 400,000 Americans have had some form of ocular herpes and some have recurrent eye infections.

Patients with potentially blinding herpetic stromal keratitis can benefit most from long-term acyclovir treatment, Dawson says. Most ophthalmologists can diagnose this blinding disease by a simple clinical examination and treat these high-risk patients with a long-term preventive dose of acyclovir, he says.

The results of the study are particularly promising because this dosage of acyclovir has very few side effects, meaning patients can safely use the drug as prevention, Dawson says.

"This is the first time the drug has been used for prevention of the eye disease," Dawson says. "Acyclovir clearly and significantly reduces the number of recurrences."

The drug also sharply reduced the recurrence of less serious forms of the herpes eye disease, the study found. Acyclovir reduced by 41 percent the chance that any form of the eye herpes virus would recur in patients who had the infection during the previous year.

In both stromal keratitis and less severe forms of the herpes eye disease, the causative herpes simplex virus persists between disease episodes in the nerve cells involved in pain and touch to the lids and eyes. The virus may be dormant most of the time, but there is a high risk of recurrence once patients have had any eye involvement.

Less severe types of eye herpes are not as damaging as stromal keratitis, though they also recur frequently, Dawson says. The herpes virus also causes blisters on the eyelids, conjunctivitis or superficial ulcers of the cornea. These forms of the disease usually heal with locally applied anti-virals and without complications. Herpes of the eye is usually caused by the herpes simplex 1 virus, which also causes fever blisters or cold sores around the face and mouth.

RESEARCH ROUNDUP

An approach to vaccine development

Researchers led by scientists at UCSF say they have made a significant breakthrough in their attempt to reengineer the poliovirus so that it could some day be used as a transporting mechanism for inducing immunity against disease pathogens in humans.

The finding, reported in a recent issue of Proceedings of the National Academy of Science, could ultimately have implications for developing reengineered poliovirus vaccines for HIV, hepatitis B, other viral diseases and cancer, says the senior author of the study, Raul Andino, an assistant professor of microbiology at UCSF.

Recombinant viruses, engineered with foreign DNA fragments, are considered a promising approach to vaccine development because viruses replicate in a variety of host cell types and, in their natural states, induce responses from the immune system.

Two types of viruses, vaccinia and adenovirus, have already been used to develop recombinant vaccines for a variety of pathogens, but poliovirus could provide an alternative for situations in which these viruses cannot be used, Andino says. Moreover, poliovirus offers the advantages of safety and the ability to induce long-lasting protective immunity. It is also easy to administer orally, is sufficiently low in cost to enable distribution in the developing world, and can induce local immunity at mucus membranes sites. This targeted local immunity, says Andino, could potentially offer protection against respiratory or gastrointestinal pathogens or diseases that gain access through mucosal ports of entry, such as sexually transmitted diseases, including HIV.

The research was supported by a Public Health Service grant and several National Institutes of Health grants.

Serotonin study may lead to new drug design

Researchers have known that the wily marine snail known as conus geographus uses a toxic venom to stun its prey into submission. Now, researchers led by a UCSF scientist have determined that proteins extracted from the venom prevent serotonin, a key chemical messenger in the nervous system, from acting at a particular molecular gateway, or receptor, in African toad eggs. The receptor is also found in the human brain.

The finding, reported in the current issue of Science, could provide a model for exploring the way in which serotonin and several other neurotransmitter receptors are regulated in humans, says one of the authors of the study, David Julius, an associate professor of cellular and molecular pharmacology at UCSF.

And as serotonin plays a key role in regulating nerve cell behavior, understanding the way in which it functions paves the way for designing new drugs to control its actions.

One existing drug that targets the receptor, known as 5-HT3, is used to treat nausea that accompanies chemotherapy. Drugs targeting the receptor could potentially be designed to treat pain and anxiety, says Julius.

The ultimate goal of the current study, says lead author Laura England, a postdoctoral candidate in Julius' lab, is to use the toxins that have been isolated to probe the site at which serotonin binds to the receptor and understand what the molecular pocket at which it binds looks like. "If you can do that, and figure out what the molecular contacts are between a neurotransmitter and its receptor, then you have the information you need, potentially, to design drugs," she says.

— Jennifer O'Brien

Creatine (from page 1)

which comes in handy when an instaneous expenditure of energy is called for. But as Cooke explains, "Creatine phosphate reserves in active muscle cells are depleted within about 30 seconds." Any novice who has ever attempted to run flat-out for a 400-meter "sprint" has painfully experienced this limitation. Once the creatine supply is used up, the metabolic process known as glycolysis takes over as an ATP generator, using the carbohydrate glycogen as a fuel source. Enhancing ATP generation through glycolysis has long been the goal of an athletic stratagem favored by endurance athletes — carbohydrate loading.

"It may be that creatine supplementation can boost creatine phosphate reserves so that they last a few more seconds," Cooke says. "If so, that might be significant for some activities, such as lifting weights or sprinting. But some of these studies have focused on extended aerobic exercise, where a benefit seems less likely." Cooke is unconvinced that creatine supplementation reduces muscle fatigue by allowing creatine phosphate to more quickly replenish ATP, because he does not believe that creatine availability limits the rate at which this biochemical replenishment normally occurs.

Potentially harmful?

Creatine was initially suggested as a possible cause for the well-publicized deaths of three wrestlers who died recently within weeks of one another while training. Their deaths were later determined to be the result of heart malfunction and kidney failure caused by dehydration and rhabdomyolysis, a breakdown of skeletal muscles due to excessive exercise. Water loss among wrestlers trying to qualify to compete at a lower weight class is common, and a causative role for creatine in dehydration deaths is not apparent, says UCSF transplant service physician Philip Rosenthal.

In addition, Rosenthal suggests that kidney or liver toxicity are unlikely outcomes of creatine supplementation. "Creatine is produced naturally by the body and is digested in the same manner as protein. Unless kidney or liver function is already compromised so that large amounts of protein cannot be metabolized properly, it's hard to see why creatine would be toxic."

For competitive athletes in training, Dulan recommends beginning supplementation six months in advance with a reputable source of creatine. She advises a five-day loading phase of four five-gram doses per day, and then a maintenance dose of five grams daily. "Even if stores of phosphocreatine are increased only minutely," she notes, "at a competitive level minute changes in performance can mean the difference between winning and last place."

Bancroft Library

Mission Bay milestones

Mission Bay has been an integral part of San Francisco history since the founding of Mission Dolores in 1775. The existence of an Ohlone encampment, part of a Native American history that stretches back as far as 3,500 years, demonstrates the Bay's importance to this culture as well.

3500 BC: First known human habitation of Mission Bay area

500 AD: Ohlone tribe establishes Mission Bay encampment

1775: Spanish enter Mission Bay and found Mission Dolores near Mission Creek

1817: More than 1,000 converted Ohlone housed in huts around Mission Dolores

1833: An anti-clerical revolution in Mexico led to the secularization of all mission lands — only 204 Ohlone remain at Mission Dolores

1830s–45: Two families lay claim to most of the land of the Potrero — the "pasture" — the Bernals and the de Haros

1847: American flag planted in California

1850s: Giant steam shovels begin leveling San Francisco's sand hills and filling marshlands around Mission Bay; produce farms and public "garden clubs" develop on reclaimed swampland; first businesses include a brickyard and distillery

1851: Marine railway for ship repair opens at Steamboat Point (now Third and Townsend) stamping the area as a major ship building and repair site

1853: Request to make Mission Bay an "industrial zone"

1855: State legislators grant franchise for bridge across Mission Creek

1857: US Land Commission, created to settle the problems of Mexican land claims in California, confirms the first of two plots of land to Bernal heirs

1860: Filling in of Mission Bay shallows begins in earnest

1865–67: Long Bridge built (Fourth Street to Third Street and South to Potrero Point) enclosing Mission Bay and opening it to regular recreational use

1867: DeHaro family's Mexican land grant claim to 2,000 Mission Bay area acres rejected by American courts

1868: First bar of iron rolled aspart of burgeoning shipbuilding, ironworks industry on the southern waterfront

1869 Construction of Central Pacific (later Southern Pacific) Railroad completed

1880–1900: Steam schooner construction flourishes along southern waterfront

1906: Dumping of earthquake debris in Mission Bay finishes off a gradual filling of the tidal area that began almost 50 years earlier

1930–60: Unloading of banana boats into boxcars becomes famous China Basin enterprise

1997: UCSF selects Mission Bay as site for major research campus

1998: City of San Francisco and Catellus Development Corp. donate transfer of 43 acres of land to UCSF

Mission Bay

A new day for an old and storied Bay

BY JEFF MILLER

In the excitement over UCSF's plans for a new 43-acre research campus at Mission Bay, much has been said about the positive impact of the decision on scientific discovery both there and at Parnassus Heights. Such stories are, by their very nature, farsighted and future-oriented. But Mission Bay has a past as well. And though the area today is better known for its vacant warehouses, abandoned rail yards and proximity to the Esprit outlet, it once played a pivotal role in the development of San Francisco. And as its name implies, it once was a real bay (as far inland as Seventh and Brannan Streets), its edges etched with marshlands, mud flats and a meandering, navigable creek that served as a convenient port of entry for nearby Mission Dolores.

For thousands of years before the Spaniards built their mission in 1775, the native Ohlone had hunted the Bay's local wildlife and, from their nearby encampments, gathered tule reeds and other creekside plants to build boats, roofs, mat and baskets. By the time of Mexico's independence from Spain in 1823, the Ohlone way of life had been destroyed by a repressive agricultural labor system and the Ohlone themselves decimated by European diseases. The closing of the missions by an anti-clerical Mexican government soon after and the ensuing distribution of mission lands to settlers and soldiers — including 2,000 acres of wetlands and pasture around Mission Dolores to Sergeant Francisco de Haro — ensured that the Bay would remain essentially as it was.

However, in just three years — from 1846 to 1849 — the fate of this quiet cove in a remote corner of the world would change forever. Mexico ceded California (and most of the Southwest) to America as a war prize. And gold was discovered in the foothills near Sacramento. The Gold Rush brought tens of thousands to and through San Francisco, creating a population boom that saw the number of residents rise from 459 to 30,000 in just two years. Buildings — and the land they occupied — were a precious commodity. As the city grew in the 1850s and 60s the sand hills that dotted the southern landscape, particularly the 100-foot monster on Townsend Street, were leveled and dumped into the Bay. This fulfilled the sometimes shady dreams of real estate speculators and city leaders, who, a decade earlier, had bought and sold water lots in anticipation of the day when the edges of the Bay would become buildable property — and when Mexican land claims would be rejected by American courts. An industrial zone was taking shape around the Bay as well, with brickyards, distilleries, and slaughterhouses using the ready water supply to advantage. Nearer the Mission, farms and gardens sprouted on the fertile, marshy soil. Steamboat Point (near the site of the new Giants' stadium now under construction) developed deep water docks and soon became the site of a marine railway that hauled ships up for repair. Boatyards sprang up close by and began churning out scores of steamboats and hundreds of other vessels, including the first three-masted schooners to ply the Pacific Coast. A gas works and other industries thrived as well. Potrero Point became home to a gunpowder factory, a sugar refinery and other industries that fueled San Francisco's economy and made it a magnet for laborers.

In 1867, Long Bridge was built to connect the Potrero district and Hunters Point with the city center. Effectively enclosing three-fourths of Mission Bay, the bridge and its Bay View railroad followed the current path of Fourth Street to Third Street and south to the Bay View Playground. San Franciscans soon made the bridge one of their favorite weekend outings, lining the causeway to fish, building boathouses for local rowing clubs nearby, and frequenting the many small cafes and restaurants perched on its pilings.

The building of the bridge had a contrary effect as well. By establishing an outer bay boundary, it set the stage for a gradual filling of the bay it traversed, particularly as the powerful railroad interests of the era sought to build new rail lines to the south. Population growth — San Francisco had become the nation's 10th largest city in 1870 — turned portions of the Bay into informal garbage dumps too. The resulting smell and pollution made the Bay an easy target for landfill "improvement" projects, which continued for several decades before the 1906 earthquake. In the massive urban cleanup effort following the earthquake and fire, rubble was dumped into the remaining watery spots. By 1910, Mission Bay was a bay in name only.

In the 90 years since, Mission Bay has served as an important freight warehouse area for Southern Pacific Railroad, a loading zone for the United Fruit Company's banana boats, and more recently, as the site of a houseboat and boat community. Now UCSF will be adding its name to a signature San Francisco address and, in the process, hoping to create a new identity and a new and thriving neighborhood atop ground that was not just touched by history, but actually made by it.

Author's Note: Much of the information contained in this story originated in a book entitled "Vanished Waters" by Nancy Olmsted.

Bancroft Library

Bancroft Library

Pictured opposite page: Louis Choris sketched this early European view of San Francisco's natives, the Ohlone or "the abalone people" in 1816. The Ohlone invented the double-headed paddle while the striped woven blanket was a product introduced by the Spanish and likely made by the women neophytes at Mission Dolores.
Top photo: Fishing from Long Bridge was a popular pastime on Sundays and holidays when hundreds of poles were cast for smelt as seen in this 1869 photograph.
Bottom photo: An aerial view of Mission Bay photographed in 1930

UCSF police launch community-oriented policing program

Taking a holistic and preventative approach to safety and security problems on campus, the UCSF Police Department has launched a Community–Oriented Policing (COPS) program.

Starting in the School of Dentistry and the Medical Research IV Building, the program provides UCSF employees and students housed in these buildings with a specific officer to work with regarding safety and security issues. Plans are being made to expand this program to additional buildings and facilities.

Officer Dennis Toomer is assigned as the COPS officer for the School of Dentistry and Officer David Lloyd has responsibility for the Medical Research IV facility. While regular police services will continue to be delivered to these areas, these officers will serve as the liaisons to bring together the appropriate people to develop the program and resolve safety and security problems.

A philosophy and an organizational strategy that promote preventative problem-solving and police-community partnerships, COPS seeks to address the causes and fear of crime as well as safety issues that impact the campus community.

The nationally accredited police department has been involved in community-oriented policing a long time, but has changed the focus and is now getting the word out.

Officers Toomer and Lloyd will be meeting with faculty, staff and students at each department and facility to discuss and find ways to resolve problem areas.

UCPD describes COPS as an approach that encourages community participation and makes better use of existing resources by taking a more comprehensive and creative approach to policing. Aspects of this program include a process of identifying problems and priorities, collecting and analyzing information concerning a problem, developing or facilitating responses that are innovative and tailor made, and evaluating the response to determine its effectiveness.

Specifically, the program:

- Shifts the focus of police work from responding to individual incidents to addressing problems identified by the community as well as the police. It emphasizes the use of problem-solving approaches to supplement traditional law-enforcement methods.
- Requires a sustained commitment from the police and the community to develop solid programs and strategies that address the underlying conditions causing community problems.
- Requires knowledge of available community resources and ways to access and use them, as well as the ability to develop new resources.

INSIDE UCSF

Crime on campus

The UCSF Police Department submits monthly crime reports to the State of California Department of Justice as well as to the campus community in accordance with the Crime Awareness and Campus Security Act of 1990. Here are the number of occurrences at UCSF by specific offense for the last three years.

	1995	1996	1997
Homicide	0	0	0
Rape *Actual*	0	0	1
Attempted	1	0	0
Robbery	0	0	4
Aggravated Assault	2	6	1
Burglary	27	35	35
Motor Vehicle Theft	16	4	3
Hate Violence *Criminal & Non-criminal*	1	0	1

UC to offer new advanced study degree

Seeking to better serve Californians' needs for continuing education beyond the bachelor's degree, the University of California is developing a new advanced degree program for working adults.

University of California President Richard C. Atkinson last month called for campus academic departments to begin drafting proposals for pilot programs that will lead to a new Master of Advanced Study (MAS) degree. Discussing the initiative at a UC Regents meeting at UCSF, Atkinson also announced that he is making planning grants of up to $25,000 available to the campuses for this purpose.

The new MAS program will offer UC-quality instruction in a manner that accommodates the schedules of working adults. Unlike more traditional master's degree programs, the MAS program will concentrate on a set of coordinated coursework with culminating projects or papers rather than emphasizing student research. The program also is likely to feature a number of interdisciplinary offerings to meet the changing needs of California's workforce.

Classes leading to the MAS degree could begin within two years. Some course tracks will be career-oriented and responsive to specific workplace needs, while others may enable individuals to pursue advanced studies in the liberal arts.

Currently, UC's offerings for working adults include certificate programs in specific subject areas, offered through University Extension, and full-time master's degree programs in professional disciplines ranging from business administration to public policy.

Many of UC's peers in the private university sector, including Stanford, Chicago, Harvard and Johns Hopkins, offer similar kinds of programs. However, the UC initiative will allow students to pursue a variety of course tracks under a single degree title and will incorporate non-traditional means of structuring courses and delivering instruction.

"With this new degree, the University of California is recognizing the need among professionals for continuing exposure to the latest knowledge and research in their area."

"With this new degree, the University of California is recognizing the need among professionals for continuing exposure to the latest knowledge and research in their area," says Carol Tomlinson-Keasey, vice provost for academic initiatives. "The presentation of this information in a format that meshes with career and family demands will, we hope, encourage adults to pursue their dreams and goals."

The systemwide Academic Senate, which has jurisdiction over UC curriculum matters, has endorsed the creation of campus pilot programs leading to the new degree. Specific course programs will be developed by academic departments on individual UC campuses over the coming months. To assure course quality, the normal campus and systemwide reviews for assessing graduate programming will apply to the new degree programs.

Admission requirements for the new program will be set by the departments offering the courses; student fee levels have not been established.

CAMPUS BRIEFS

Center offers women's health grand rounds

The UCSF National Center of Excellence in Women's Health (COE) launched Women's Health Grand Rounds last month. These monthly events are held on the first Wednesday of the month, from 5:30 to 7:30 p.m., at UCSF/Mount Zion's Herbst Hall.

A one-hour lecture is followed by a networking reception for clinicians, researchers and educators interested in promoting women's health through better clinical practices using the most recent breakthroughs in research. Based on feedback from a survey of women's health practitioners, the top 10 preferred topics will be addressed through these grand rounds this academic year. The next women's health grand rounds is slated for Wednesday, Sept. 2, when physicians Karen Smith McCune and George Sawaya will discuss the Abnormal Pap Smear: Now What?

For more information or to be added to the COE mailing list, call its administrative offices at 885-7273 or email ucsf-coe@itsa.ucsf.edu.

Burroughs offers career awards

UCSF has been invited to submit up to six nominations to the 1999 Burroughs Wellcome Fund Career Awards in the Biomedical Sciences to enhance the scientific development of outstanding young investigators at the postdoctoral level through the first years of faculty appointment.

Campus review is required. Applicants must submit application materials to Academic Services, Box 0400, Room S 115, by the campus deadline, Tuesday, Aug. 18. Nominees will be notified on or about Friday, Sept. 11. For more details, call 476-5742.

Scholars program calls for nominations

UCSF has been invited to submit two nominations for the 1998 Searle Scholars Program, which offers awards of $60,000 per year for three years, to support research by junior faculty during the early years of their careers.

Applicants must be junior in-residence or ladder rank faculty who: began their first appointment as a ladder rank or in residence assistant professors on or after July 1, 1997; and are pursuing independent research careers in biochemistry, cell biology, genetics, immunology, neuroscience, pharmacology, and related areas in chemistry, medicine and the biological sciences.

The campus application deadline is Thursday, Aug. 20. Campus review is required. Nominees will be notified sometime after Tuesday, Sept. 15.

Applicants must submit four copies of each application to Academic Services, Box 0400, Room S 115, by the campus deadline, Tuesday, Aug. 18. For more details, call 476-5742.

Hospitalist (from page 1)

gram will develop skills in areas that will help them be more efficient and better leaders, says Robert Wachter, UCSF associate professor of medicine and epidemiology, associate chairman of UCSF's department of medicine and chief of the medical service at UCSF's Moffitt-Long hospitals, part of UCSF Stanford Health Care.

Those areas include communications, quality improvement, the economics of health care and team building, he says.

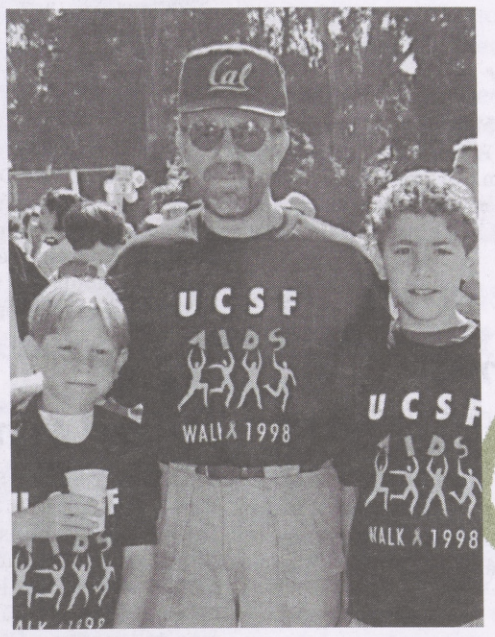
Skills in those areas are necessary, Wachter explains, because part of hospitalists' jobs will be to make sure hospital patients get quality care at a time when managed care is forcing hospitals to cut costs. "We believe that hospitalists not only need to learn to be excellent and efficient clinicians, but they also need to learn to be leaders in making the system work better," Wachter says.

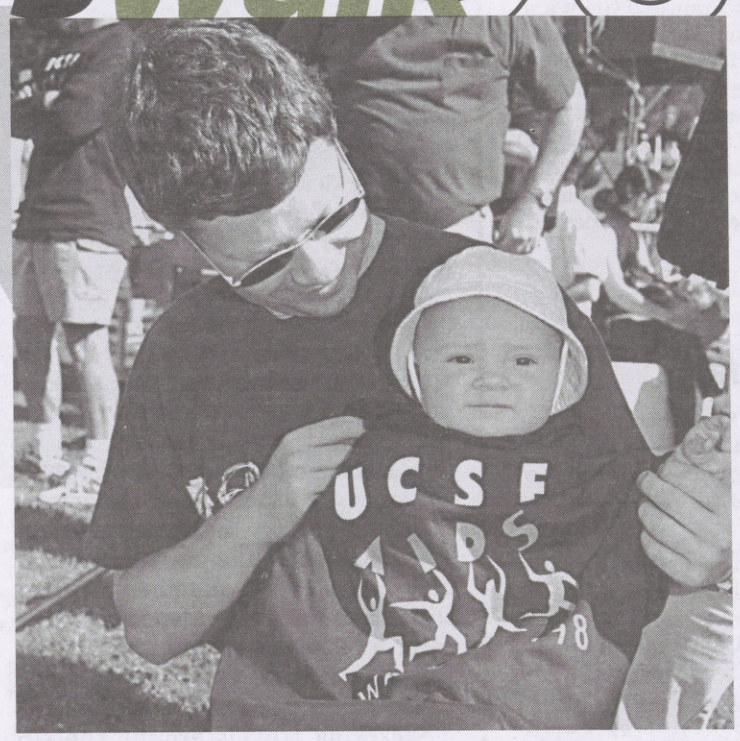
Though hospitalists currently work in a number of hospitals throughout the country, including the UCSF Medical Center, which has used hospitalists for about three years, there is currently no formal training program for them. An estimated 2,000 to 3,000 hospitalists work in the US today and the ultimate demand could reach 30,000, experts predict.

Developing a special training program is one of three key steps that must take place before a specialty, such as hospital care, is formally recognized by the medical community.

The specialty has already met the other two challenges, developing a body of research and forming a national organization, Wachter says. A year-long UCSF study recently published in the *Journal of the American Medical Association* found that increasing the involvement of hospitalists may be a key to shorter, less costly hospital stays that don't compromise quality. In addition, hospitalists have already formed a formal association, the National Association of Inpatient Physicians.

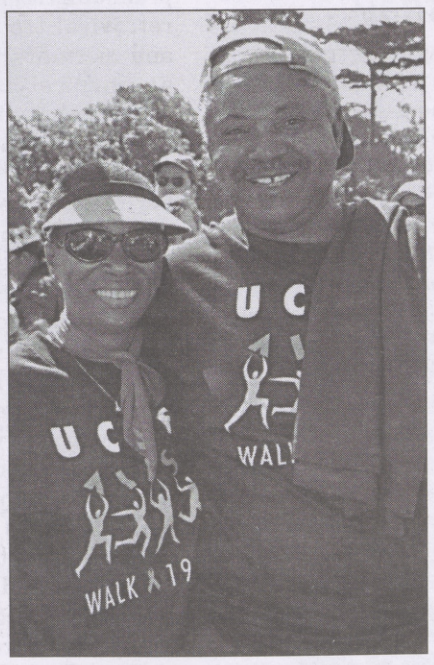
AIDSwalk '98





Photos by Tom Wachs

AIDS Walk participants pictured clockwise from top right are, Bruce Schroffel, senior vice president and chief operating officer of UCSF adult services, UCSF Stanford Health Care, with sons Jesse and Jonathan; from left, volunteers Desiree Yip, Louisa Moyes, Diana Flores and Mercedes DeSouza; Arnai Maxey and Melvin Armstrong; Leo the dog, Arturo Vargas, Martha Geraty and five-month-old Cassandra; Martin Behne and Nelia, eight months old.



Walk in the park nets $3.6 million for AIDS services

A Sunday stroll through Golden Gate Park under sunny skies on July 19 raised a record $3.6 million in the ongoing war against AIDS.

About 420 UCSF and UCSF Stanford Health Care employees were among the 27,000 people who took part in the 12th annual AIDS Walk San Francisco.

Money raised at the event will be distributed to the San Francisco AIDS Foundation and 34 other HIV/AIDS organizations in the Bay Area, including the UCSF AIDS Health Project.

UCSF Public Service Programs, part of the Public Affairs department, wishes to acknowledge the generous support of the Mark Hopkins Intercontinental Hotel and the Stanyan Park Hotel, which have donated prizes for the top two fund-raisers for the past four years.

Walkers were also treated to a breakfast of bagels, scones and other goodies as well as a barbecue lunch of hot dogs, hamburgers and garden burgers donated by a variety of local businesses and cooked by Arguello Catering.

A special thanks also goes to Noe Valley Bakery, Palio Paninoteca, Katz Bagels, Bi-Rite Food Company, Courtyard Cafe, Safeway, Frito-Lay, Just Desserts and Moffitt Catering.

August 9–20, 1998

9 Sunday

BASEBALL BENEFIT: EMPACT! is offering tickets for Until There's A Cure Day, Giants vs. The Braves, 1:05 p.m., 3Com Park. Cost is $7.50/adults; $5.50 children and seniors. Tickets by mail only. For more information, call 476-6932.

10 Monday

BETTER VISION NOW: David Hwang, associate professor, ophthalmology, discusses new surgery options to correct nearsightedness and astigmatism, 6 p.m., Beckman Vision Center, part of UCSF Stanford Health Care, 8 Kirkham St. For more information, call 476-5022.

11 Tuesday

GRAND ROUNDS LECTURE: Charles Bertolami, dean, School of Dentistry, presents *Artificial Skin*, C 701, Parnassus, 8 a.m.

MEDITATION CLASS: Free Raj Yoga meditation classes are held every Tuesday, noon-1 p.m., S 160, Parnassus. Sponsored by the Institute of Healing Arts and Sciences and the Brahma Kumari Meditation Center. For more information, call 563-4459.

12 Wednesday

BLOOD DRIVE: UCSF Stanford Health Care Blood Donor Center holds a blood drive, 10 a.m.-3:30 p.m., Mission Center Building, conference room. Raffle prizes will be offered. Call 476-6989.

CHILI & SALSA COOKOFF: UCSF hosts the 7th Annual Chili & Salsa Cookoff, 11:30 a.m.-1 p.m., Millberry Union Gym, Parnassus. Taste these tantalizing recipes to the tunes of live music. Sponsored by American Home Assurance. For more information, call 476-2675.

BROWN BAG LECTURE: Candy Tsourounis and Cathi Dennehy, assistant clinical professors, clinical pharmacy, present *The Truth About Herbs and Dietary Supplements*, 12:10 p.m., HSW 300, Parnassus. Sponsored by Public Service Programs. For more information, call 476-4394.

RACING CHALLENGE: The UCSF Racing Team competes in the Chase Corporate Challenge, a 3.5 mile road race, Fisherman's Wharf. For more information, call Jimmy Choy, team captain, at 476-5506.

13 Thursday

AIDS PREVENTION FORUM: Thomas Coates, director of the AIDS Research Institute, is one of several speakers in a symposium titled *AIDS Behavioral Prevention Research and Services*, 8 a.m.-6 p.m., Fort Mason Conference Center, Building A. Sponsors include UCSF, National Institute of Mental Health, Center for Disease Control and Prevention. For more information, call 301/443-6100.

MEDICAL GRAND ROUNDS LECTURE: Lawrence M. Tierney Jr., professor of medicine, associate chief, medical service, VA Medical Center, presents *Clinical Problem Solving*, noon-1 p.m., N 225, Parnassus. Sponsored by the Department of Medicine.

16 Sunday

GIANTS GAME: The San Francisco Giants invites you to a day at 3Com Park, 1:05 p.m. vs. the Florida Marlins. Tickets prices for the upper reserved seats will be reduced from $7.50 to $4.50; and lower reserved seats will be reduced from $15 to $12. The first 30,000 fans will receive a Giants cap. For more information and to reserve tickets, contact: Cory J. Shakarian, 330-2712 or email: cshakarian@sfgiants.com.

18 Tuesday

GRAND ROUNDS LECTURE: Robert Lull, professor and chair, division of nuclear medicine, department of radiology, presents *Nuclear Medicine for Head and Neck*, C 701, Parnassus, 8 a.m.

BROWN BAG LECTURE: Jason Lerner, senior physical therapist, UCSF Stanford Health Care, presents *Is Your Job a Pain in the Neck?*, 12:10-1 p.m., UCSF/Mount Zion, Herbst Hall, 2nd Floor. Learn about the prevention and management of neck and upper extremity overuse. Sponsored by Public Service Programs. For more information, call 476-4394.

MEDITATION CLASS: See the Aug. 11 listing.

19 Wednesday

BLOOD DRIVE: Donate blood for the UCSF Stanford Health Care Blood Donor Center, 10 a.m.-5 p.m., UCSF/Mount Zion, Hellman conference room. Prizes will be raffled. Call 476-6989.

BROWN BAG LECTURE: Paul Turek, assistant professor, urology, presents *Everything You Want to Know About Male Infertility*, 12:10 p.m., HSW 300, Parnassus. Learn about diagnosis and treatment options available for infertile men. Sponsored by Public Service Programs. For more information, call 476-4394.

SALSA WORKSHOP: Come and learn the salsa with Marge Gabbert, professional ballroom/Latin dance teacher, 5-7 p.m. Open to all levels. For more information, call 476-1115.

20 Thursday

MEDICAL GRAND ROUNDS LECTURE: Kanu Chatterjee, Lucie Stern professor, cardiology, professor of medicine and associate chief, cardiology, presents *What is the Optimal Treatment of Heart Failure?*, noon-1 p.m., N 225, Parnassus. Sponsored by the Department of Medicine.

BROWN BAG LECTURE: John Beeson, certified financial planner, presents *Financial Planning in 1998*, 12:10-1 p.m., Mission Center Building, Board Room, 6th Floor. Sponsored by Public Service Programs. Call 476-4394.

FOR DAILY NEWS GO TO
UCSF'S ELECTRONIC DAILY
UCSF daybreak
www.ucsf.edu/daybreak

UPCOMING EVENTS

Use and resistance of antimicrobials

Physicians, nurses, infection control professionals, pharmacists, hospital administrators and other health care professionals are invited to attend a live, interactive videoconference, titled "Antimicrobial Use and Resistance: Solutions to the Problem," on Thursday, Aug. 20, from 10 a.m. to 12:30 p.m. in HSW 302.

At the end of the program, participants will be able to describe the magnitute of antimicrobial resistance and know two or more methods for improving antimicrobial use in health care facilities as well as know the optimal method to prevent and control antimicrobial resistant pathogens. For more information, call Marilyn Jordan, infection control nurse, at 476-5793.

Survivor describes bout with cancer

Lori Szczecina, a twenty-eight-year-old survivor of advanced metastatic melanoma and active cancer patient advocate, will be the guest speaker at the next UCSF Cancer Center Discussion Forum on Monday, Aug. 24 from 5:30 p.m. to 7:30 p.m. in the Hellman Building at UCSF/Mount Zion Medical Center, 2200 Post Street.

Szczecina travels around the US and Canada to speak to various organizations about her battle with cancer and how she combined medicinal treatment and the powers of positive attitude, prayer and people to win the fight. For more information or to reserve a spot, call 885-3693.

UCSF hosts physician leadership program

UCSF invites physicians to participate in the Physician Leadership Program, to be held Sept. 13 and 15 in San Francisco.

The registration deadline is Friday, Aug. 21.

Sponsored by the UCSF Center for Health Professions and the Health Care Leadership Institute, the program is designed to help physicians assess and refine their leadership style in a variety of ways, including evaluating a videotape of communication style and effectiveness and developing a strategic personal plan to foster continued leadership. Physicians will work with peer groups and have the opportunity for one-on-one coaching sessions from faculty experienced in health care, leadership, and organizational development.

Course tuition is $1,395. For more information or to request a complete application packet, contact Laura Johnson-Morasch at the California Academy of Family Physicians at 394-9121.

Getaway to Waterworld

UCSF and UCSF Stanford Health Care employees can make a big splash at family fun day at Waterworld USA on Saturday, Sept. 26, from 11 a.m. to 5 p.m. at the Concord amusement park. For discounted ticket information, call EMPACT! at 476-2675.

AIDS (from page 1)

find a regimen that has patients taking drugs no more than twice a day with the hope that it will improve adherence.

After studying the adherence to combination antiretroviral therapy in the homeless, David Bangsberg, director of the Epidemiology Center and assistant professor of medicine, said that it's "unclear whether the urban poor will be able to use complex drug regimens." He said simpler regimens and adherence interventions are urgently needed. Bangsberg also found, however, that it is possible for the homeless to adhere to these regimens with the right support, but that a very high level of adherence (possibly above 80 percent) is required to keep viral load below detectable levels.

Although the conference produced promising reports on the effect of antiretroviral treatment on quality of life and mortality, some scientists cautioned against relying too heavily on drug treatment at the expense of prevention.

Ron Stall, an associate professor of epidemiology and biostatistics and member of the Center for AIDS Prevention Studies (CAPS), said that a reliance on high technology without reducing risk behavior might make a bad situation worse. "I regard this as a very dangerous moment in our history," he said, citing statistics that high-risk sexual behavior is sharply increasing among gay men in San Francisco while money spent to prevent HIV transmission is lacking.

"Low technology," ground-based prevention efforts are cost effective in preventing infection, Stall said, yet "we refuse to spend money on them."

Prevention efforts are still a priority to many UCSF researchers at CAPS, including Craig Waldo, who presented his finding that men who were more comfortable with being gay were less likely to engage in high-risk behavior. Waldo emphasized that involvement in the gay community — such as participation in organizations, activities, and religious groups — and finding an atmosphere of social support increases self-acceptance of gay identity. He said researchers in different areas should study how homophobia affects risky behavior. The implications for a new generation of prevention programs are clear: gay men, especially young gay men, need help in coming to grips with their sexual identities in order to help them to maintain safe behaviors over the long haul.

Steve Morin, associate professor in the School of Medicine and director of the policy center at the ARI, echoed the prevention message, saying that about three million transmissions of HIV could be avoided worldwide each year if a particular package of prevention measures — which would cost $2.6 billion to implement worldwide — were adopted.

The basic AIDS prevention package, he said, includes condom marketing, treatment for sexually transmitted diseases, school education, mass media information, sex industry cooperation, blood safety measures and needle exchange programs.

After Senegal introduced this prevention package in 1987, the country now sees only a 2 percent transmission rate, compared to the 27 percent transmission rate in Zimbabwe, Morin noted.

While the US is a major contributor to fighting AIDS internationally, it ranks eighth in overall financing of the efforts when adjusted according to its gross national product. "The total US contribution to HIV prevention worldwide is only $120 million, compared to $1.6 billion we spend at the NIH, and $650 million we spend at the CDC for domestic HIV," Morin said.

"The whole world only spends about $600 million on the entire developing world and that simply is not enough to keep the epidemic from spreading."

— Lisa Cisneros contributed to this report